



# MARSHAL MATTERS SEPTEMBER 2020 EDITION

Marshal's Minute.....	2	Virtual Du Quoin State Fair.....	17-19
Employee Spotlight.....	3	Campus Fire Safety Month.....	20
COVID Mayday Forum.....	4	National Railway Safety Week.....	21
National Suicide Prevention Week.....	5-6	Fall Harvest Roadway Safety.....	22
19 <sup>th</sup> Anniversary of September 11 <sup>th</sup> .....	7	Fall Outdoor Fire Safety.....	23
OSFM Accelerant Detection Canines.....	8-9	Cool Weather Heating Safety.....	24
IFSI Minute.....	10	Halloween Safety.....	25-26
Fire Prevention Week 2020.....	11-12	FDA Sanitizer Recall Update.....	27
Flu Shot Reminder.....	13	Shout Outs/Kudos.....	28
Cold, Flu or COVID?.....	14	Kids' Corner.....	29-30
Be Alarmed! Awareness Events.....	15-16		

## Marshal's Minute-State Fire Marshal Matt Perez



The OSFM will be Serving Up Fire Safety In The Kitchen during Fire Prevention Week 2020. Governor JB Pritzker has proclaimed October 4-10 as Fire Prevention Week in Illinois.

This year's theme is, "Serve Up Fire Safety in the Kitchen!" According to the National Fire Prevention Association (NFPA), cooking is the leading cause of home fires and home fire injuries in the United States. Almost half (44%) of reported home fires started in the kitchen. Two-thirds (66%) of home cooking fires start with the ignition of food or other cooking materials. According to the National Fire Incident Reporting System (NFIRS), in 2019 Illinois Fire Departments responded to 6,437 fires that were either caused by cooking, originated in the kitchen, or both.

Cooking fires can grow quickly but are also preventable. Stay in the kitchen, set a reminder or timer, avoid using electronics or getting distracted by your favorite TV show. Set up a three-foot kid-free zone around the stove or oven and keep anything that can catch fire away from stove tops. Following a few of these simple steps will lead to a fire-safe kitchen and home.

Due to the ongoing COVID-19 pandemic, departments across the state will have to be creative in how they deliver the fire safety message to residents. Those of us in the fire service don't quit; we find ways to accomplish a task even if that task seems too much to overcome. I encourage all departments to use social media, find proper socially distanced ways to provide fire safety materials to residents. One way you could do this is by holding a drive by event where fire apparatus are parked outside and members of the department are on hand to wave at residents. A couple members could be down by the road in PPE handing out fire safety materials as people drive by. Use your social media pages and host a virtual station tour. You can do this through live video or recorded video with a message to your community. In this video, show off your fire station and talk about the fire apparatus and what they do. People enjoy getting an inside look into what you do every day or how the different equipment used works to help keep them safe.

Work with school administrators and set a time in the online or in-person curriculum for a short video or live video to provide important fire safety education to the kids. The fire safety message is just as important as the COVID safety message and we need to get this information out. Cooking fires are the number one cause of home fires and home fire injuries across the nation. If we can prevent even just one incident from occurring that will be one more Illinoisian who doesn't have to live with a burn scar, or worse, the memory of the loses of a family member.

We are all in this together, One Team-One Fight!

## Employee Spotlight



# John Thomas

## Paralegal

**Where are you originally from?** Born in Springfield, Grew up in Taylorville

**Tell us about your family?** Wife of 14 years: Diana, Three boys: Danny: 13, Mateo: 5, and Derrek: 4

**Favorite food(s)?** Pepperoni Pizza, Buffalo Chicken Horseshoes

**Hobbies?** Fantasy Football, Poker, Attending concerts and sporting events.

**What's your favorite movie or book?** **Movie:** The Boondock Saints and Warrior. **Book:** The Da Vinci Code

**When you get in the car what type of music will be coming out of your speakers?** ESPN, Hip Hop, or Garth Brooks

**What did you want to be when you were a kid?** Lawyer (Almost made it... haha)

**What's your favorite part of the job?** Researching property records, and Cheryle's baked goods.

**What's something unique about you?** Sometimes my eyes change colors. Mateo says that I am the only one who uses my laptop, and that makes me unique.

**Where is your favorite place to vacation?** Florida

**Where is your bucket list destination?** Cancun alone with my wife. No kids and no stress.

# COVID Mayday Forum



## COVID MAYDAY FORUM

*Learn how to request resources if there is a COVID Outbreak in your department!*



Wednesday, September 16 @ 6 PM



The OSFM hosted a COVID MAYDAY FORUM on Wednesday, September 16<sup>th</sup> for departments around the state. COVID-19 has hit the fire service hard in several communities and this has reduced manpower available to keep stations staffed and lifesaving services available to residents.

The OSFM thanks the Illinois Fire Chiefs Association, Illinois Fire Service Institute, MABAS and the Associated Fire Fighters of Illinois for coming together and presenting valuable information on how to deal with a COVID outbreak in fire departments. ONE TEAM – ONE FIGHT! If you missed this forum and want to learn more about how you can prepare your department for a possible COVID-19 outbreak, the video is available by clicking the link below.

<https://youtu.be/G6nBLmRpFwc>

**Continuity of Operations Plan (COOP)**

- A COOP plan addresses emergencies from an all-hazards approach. A continuity of operations plan establishes policy and guidance ensuring that critical functions continue and that personnel and resources are relocated to an alternate facility in case of emergencies.
- Business must go on.
  - Where and How.
- We are addressing a small portion of a COOP due to the challenges of COVID-19.



National Suicide Prevention Week



# National Suicide Prevention Week

## September 6 - 12, 2020

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

National Suicide Prevention Week, September 6-12 is the Monday through Sunday surrounding World Suicide Prevention Day. It's a time to share resources and stories, as well as promote suicide prevention awareness.

World Suicide Prevention Day was September 10<sup>th</sup>. It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

One in four people will suffer mental health issues during any given year. Help is out there! It's okay to ask for help!

### Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ❖ Talking about wanting to die or to kill oneself.
- ❖ Looking for a way to kill oneself, such as searching online or buying a gun.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Talking about feeling trapped or in unbearable pain.
- ❖ Talking about being a burden to others.
- ❖ Increasing the use of alcohol or drugs.
- ❖ Acting anxious or agitated; behaving recklessly.
- ❖ Sleeping too little or too much.
- ❖ Withdrawing or feeling isolated.
- ❖ Showing rage or talking about seeking revenge.
- ❖ Displaying extreme mood swings.

Suicide Is Preventable.

Call the Lifeline at **1-800-273-TALK (8255)**.

With Help Comes Hope

NATIONAL

**SUICIDE**  
PREVENTION  
**LIFELINE**<sup>TM</sup>

1-800-273-TALK (8255)

suicidepreventionlifeline.org



# National Suicide Prevention Week

**It's Okay to Talk About SUICIDE** Suicide is **NOT** the answer.

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

- 2<sup>nd</sup>** Suicide is the 2nd leading cause of death for people ages 10-34
- 46%** of people who die by suicide have a diagnosed mental health condition
- 90%** of people who die by suicide have experienced symptoms of a mental health condition
- The overall suicide rate has increased 31% since 2001
- Suicide is the 10th leading cause of death in the U.S.

**HIGH RISK POPULATIONS**

- 75% of all people who die by suicide are male
- 4x** Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth
- Transgender people are 12 times more likely to attempt suicide than the general population **12x**

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.

Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.

Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.

If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Data from CDC, NAMI and other select sources. Find citations for this resource at [nami.org/helpsite](http://nami.org/helpsite)

NAMI Helpline 800-950-NAMI (6264) | NAMI | NAMICommunicate | www.nami.org | National Alliance on Mental Illness

**Common WARNING SIGNS of Mental Illness**

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- Feeling very sad or withdrawn for more than two weeks
- Trying to harm or end one's life or making plans to do so
- Severe, out-of-control, risk-taking behavior that causes harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- Significant weight loss or gain
- Seeing, hearing or believing things that aren't real\*
- Excessive use of alcohol or drugs
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still
- Intense worries or fears that get in the way of daily activities

\*Delusions, hallucinations and deliriums might look like signs differently based on their beliefs or experiences. Some people might think and/or believe things that aren't real.

**WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?**

- If you notice any of these symptoms, it's important to ask questions
- Try to understand what they're experiencing and how their daily life is impacted
- Making this connection is often the first step to getting treatment

**50%** of all lifetime mental illness begins by age **14**

**75%** by age **24**

**KNOWLEDGE IS POWER**

- Talk with a health care professional
- Learn more about mental illness
- Take a mental health education class
- Call the NAMI Helpline at 800-950-NAMI (6264)

Data from CDC, NAMI and other select sources. Find citations for this resource at [nami.org/helpsite](http://nami.org/helpsite)

NAMI Helpline 800-950-NAMI (6264) | NAMI | NAMICommunicate | www.nami.org | National Alliance on Mental Illness

Firefighters are three times more likely to die from suicide than in the line of duty. According to the Firefighter Behavioral Health Alliance, 105 firefighters took their own lives in the United States in 2014. The US Firefighters Association (USFA) reports that about 10 percent of firefighters may be abusing illicit substances and that alcohol abuse among this population is more than twice the rates seen in the general public. Post-traumatic Stress Disorder, depression, and suicidal thoughts and behaviors among first responders are also common and believed to be triggered or worsened by repeat exposure to trauma, including physical abuse and death among the people they serve, loss of people close to them, and life-threatening situations.

Help is available and know it's okay to ask for help. The next couple of pages provide some resources and places to reach out to get the help needed.

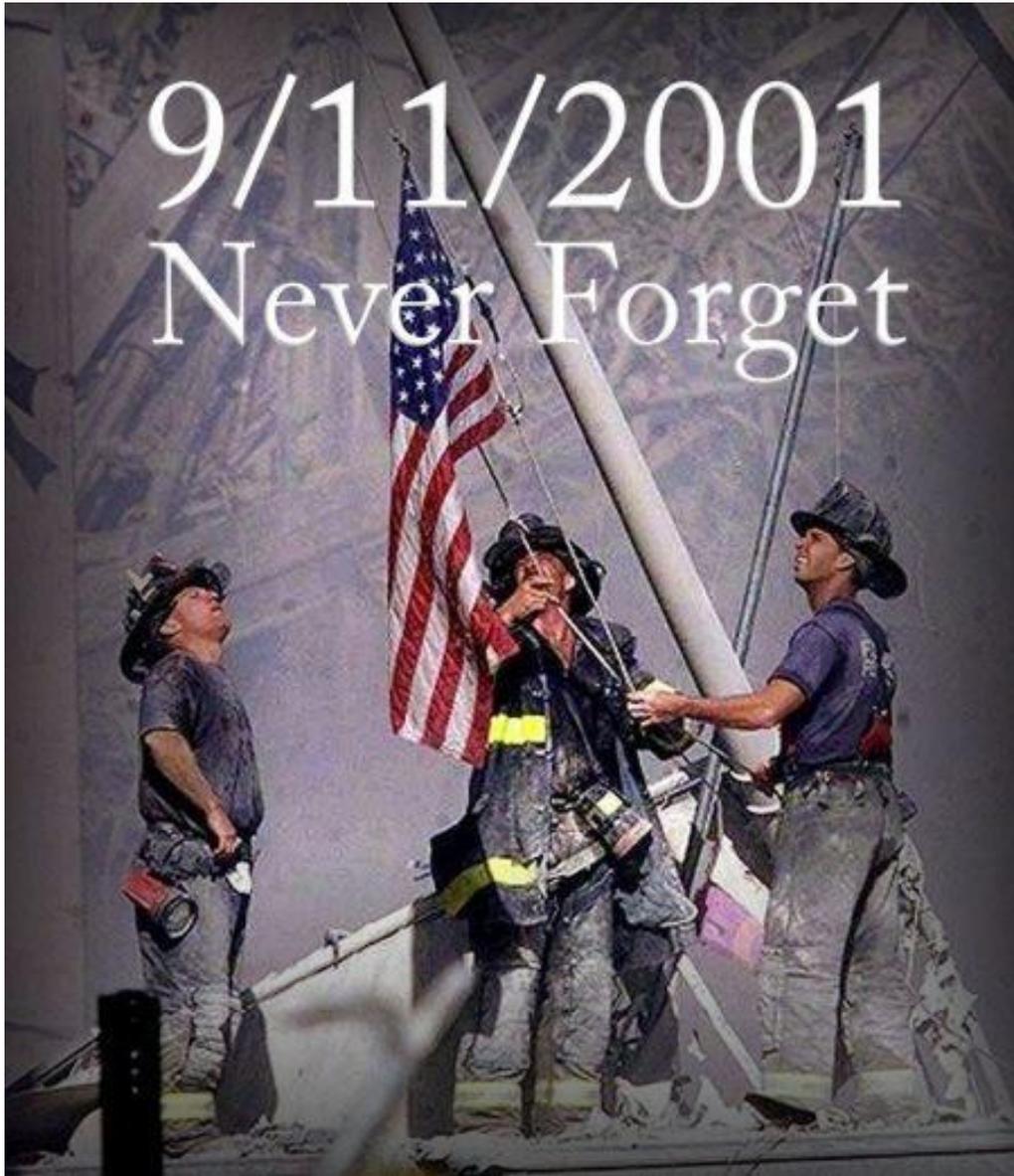
Illinois has many different options available to those struggling. Don't be afraid to reach out for help.

 <https://www.react4ryan.com/>

 Visit <https://www.ilffps.org/> or call toll free at 855-90-SUPPORT

 <https://www.therecoveryvillage.com/locations/iaff-recovery-center/>

19<sup>th</sup> Anniversary of September 11<sup>th</sup>



*The OSFM paused to remember the 343 firefighters who lost their lives on September 11<sup>th</sup>, 2001 responding to help their fellow citizens. We will never forget!*



## OSFM Accelerant Detection Canine



*The OSFM is excited to introduce Accelerant Detection Canine Phantom to the team! Phantom will be working with Special Agent Kuban in the northern part of the state.*

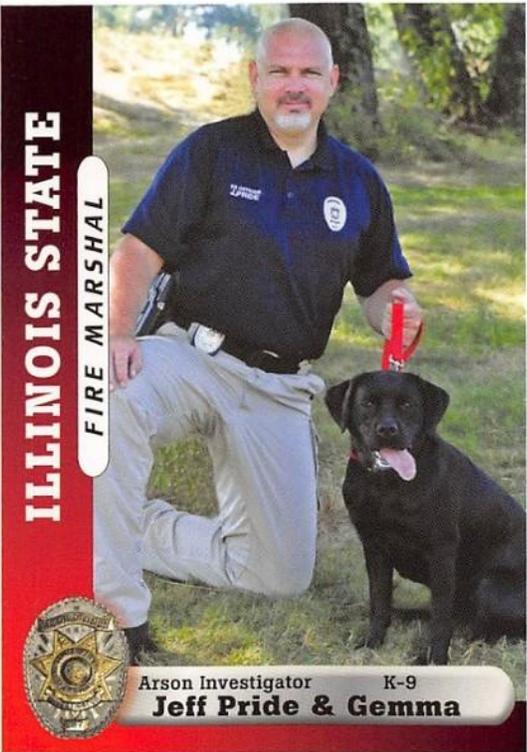
*The canines have been specifically trained to detect accelerants, which are flammable liquids such as gasoline and kerosene that arsonists use to start fires. The benefit of using an accelerant detecting canine is the dog's ability to quickly pinpoint accelerant residue, which can save the arson investigators time at the fire scene.*

*To learn more visit:*

*<https://www2.illinois.gov/sites/sfm/About/Divisions/Arson/Pages/Arson-Canine.aspx>*



## OSFM Accelerant Detection Canine



*The OSFM welcomes PJ to the accelerant detection canine team! PJ will be working with his partner Special Agent Pride in aiding and assisting departments across the state in determining causes and origins of fires.*

*Canine Gemma, Agent Pride's former partner is now retired and will be enjoying many more naps, belly rubs and treats. The OSFM thanks Gemma for her service to the agency and wishes her well in retirement!*

## IFSI Minute

### IFSI MINUTES

#### AN UPDATE FROM THE ILLINOIS FIRE SERVICE INSTITUTE:



The Illinois Fire Service Institute (IFSI) has entered the fall 2020 training season and is busy delivering courses across the state and country. Extensive health and safety protocols are enforced in all our course deliveries with every intent of mitigating the risk of the spread of COVID-19.

These procedures included modifying our annual Fire College training event to comply with all CDC/IDPH guidance. The event, held October 3-4, was dispersed across the state and hosted by five regional training sites. We are grateful for the support from the host departments and believe the modifications to the program, and the execution of stringent health and safety protocols, are testaments to our ability to effectively adapt and respond to evolving conditions while still serving members of the Illinois fire service.

Our Fire Academy candidates will wrap up their fall training in October. Upon successful completion of the program, candidates will have spent seven weeks completing the practical and cognitive training needed to operate safely and effectively on the fireground.

Our team is working hard to schedule future course offerings and the initial 2021 course schedule is now open for online registration. We encourage all stakeholders to visit our website, [www.fsi.illinois.edu](http://www.fsi.illinois.edu), frequently as classes are consistently added to our schedule as the year progresses. We also post class promotions and announcements on the IFSI social media channels:

*Facebook: [fsi.illinois.edu](http://www.fsi.illinois.edu)*

*Instagram: [illinoisfireserviceinstitute](https://www.instagram.com/illinoisfireserviceinstitute)*

*Twitter: IFSI*

*LinkedIn: [Illinois Fire Service Institute](https://www.linkedin.com/company/illinois-fire-service-institute)*

We are grateful to our students, staff, and partners for the continued support in the fulfillment of our mission, *Helping Firefighters Do Their Work Through Training, Education, Information, and Research.*

## Fire Prevention Week 2020



*Fire Prevention Week 2020 is October 4-10. This year's theme is Serve Up Fire safety in the Kitchen. According to the National Fire Prevention Association (NFPA), cooking is the leading cause of home fires and home fire injuries in the United States. Almost half (44%) of reported home fires started in the kitchen. Two-thirds (66%) of home cooking fires start with the ignition of food or other cooking materials. According to the National Fire Incident Reporting System (NFIRS), in 2019 Illinois Fire Departments responded to 6,437 fires that were either caused by cooking, originated in the kitchen, or both.*

*Keep these important tips in mind to keep your kitchen and home fire safe:*

- *Never leave cooking food unattended. Stay in the kitchen while you are frying, grilling or broiling. If you have to leave, even for a short time, turn off the stove.*
- *If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.*
- *You have to be alert when cooking. You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.*
- *Always keep an oven mitt and pan lid nearby when you're cooking. If a small grease fire starts, slide the lid over the pan to smother the flame. Turn off the burner, and leave the pan covered until it is completely cool.*
- *Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.*

## Fire Prevention Week 2020

*Fire Marshal Perez encourages all departments to be creative this year when it comes to getting the fire safety education out to your community. Virtual station tours, truck tours and other informative videos can help spread the message, while still connecting with you community. We can't let COVID-19 stand in our way. Fire Safety is just as important as COVID-19 safety.*

*#OneTeamOneFight*

*Bethany Fire Protection District Chief Michael Jennings encourages all volunteer and career departments across the state to be creative when it comes to fire prevention week. Don't let COVID-19 stop you from teaching fire safety take it virtual or hold special social distancing events.*

<https://youtu.be/n8CfM4XFqKU>

*Fire Marshal Perez and Metropolitan Fire Chiefs Association President Tom Styczynski encourage all departments across Illinois to be creative about engaging with their residents during fire prevention week. Don't let the fire safety message get lost during the COVID pandemic.*

<https://youtu.be/nnYquwNjGdk>

Bill is careful in the kitchen.  
Bill is alert and keeps a lid nearby when cooking.

**Be like Bill!**

Learn how to be careful in the kitchen at [fpw.org](http://fpw.org).



**Flu Shot Reminder**

# #SleeveUp Illinois!

Flu Shots are Safe and Effective  
in the fight against Influenza.

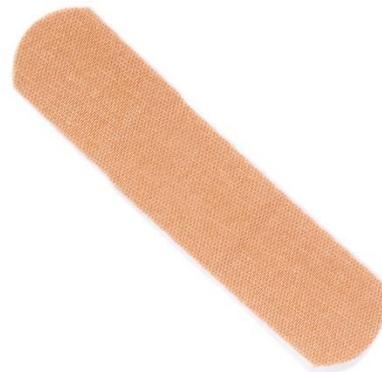
Get yours today!



*The Illinois Department of Public Health is reminding residents to #SleeveUp Illinois and get a flu shot. Getting a flu vaccine is more important than ever. Join IDPH, OSFM and other state agencies to protect both yourself and your family this fall and winter!*

*Learn more about the flu and this flu season by visiting:*

<https://www.cdc.gov/flu/season/index.html>



**Is it a Cold, Flu or COVID?**

**State of Illinois**  
Illinois Department of Public Health

# COVID-19 Know the Difference

## Is it a COLD or FLU or COVID-19?

Signs and Symptoms	COLD	FLU	COVID-19
Symptom onset	Gradual	2 days	2-14 days
Body Aches	Slight	Common	Common
Cough	Common	Common	Common
Diarrhea	Rare	Sometimes	Sometimes
Fatigue/Weakness	Sometimes	Common	Common
Fever/Chills/Shaking	Rare	Common	Common
Loss of Taste or Smell	Never	Never	Sometimes
Shortness of breath or Difficulty Breathing	Rare	Common	Common
Stuffy nose	Common	Common	Rare
Sneezing	Common	Sometimes	Rare
Sore throat	Common	Common	Common
Headache	Rare	Common	Common



**Questions about COVID-19?**  
 Call 1-800-889-3931 or email [dph.sick@illinois.gov](mailto:dph.sick@illinois.gov)  
 Illinois Department of Public Health - [www.dph.illinois.gov](http://www.dph.illinois.gov)

Printed by Authority of the State of Illinois • 5/28/20 IOCI 20-673

## Be Alarmed! Smoke Alarm Awareness Events

*"Be Alarmed!" is a fire safety education and smoke alarm installation program administered cooperatively between the Illinois Fire Safety Alliance (IFSA) and the Office of the Illinois State Fire Marshal (OSFM). The program distributes fire safety education materials and 10-year concealed battery smoke alarms to fire departments in the state of Illinois. The fire departments then deliver the education and install smoke alarms in at-risk homes within their communities. Both the educational materials and smoke alarms are provided to fire departments at no cost as a result of funding from both the IFSA and OSFM.*

*The program was developed to educate Illinois residents on the dangers of fire in the home and how to prevent fires from occurring in the home, as well as to ensure there are working smoke alarms properly installed in homes. By providing 10-year concealed battery smoke alarms, it ensures that the power source cannot be removed from the unit and, if properly maintained, will last the life of the device. Several press events are being held across the state.*

*More information about Be Alarmed! can be found here:*

<https://www.ifsa.org/programs/alarms>



Waukegan Fire Department Smoke Alarm Press Event



Macomb Fire Department Smoke Alarm Press Event



**Be Alarmed! Smoke Alarm Awareness Events**



*Galena Fire Department Smoke Alarm Press Event*



*Will County Fire Chiefs Association Smoke Alarm Press Event in Frankfort*



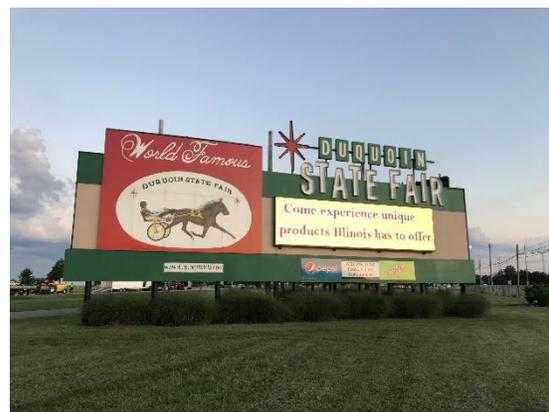
## Virtual Du Quoin State Fair



Unfortunately, due to the ongoing COVID-19 pandemic, the Du Quoin State Fair was canceled this year. The OSFM took our fire safety tent online and provided fire safety tips to everyone through our social media pages. We showcased many of the fire safety props that the kids enjoy seeing and participating in. We focused on stop, drop and roll; smoke alarms; kitchen safety; what to do if you find lighters or matches; and played our virtual game console.

If you missed any of the activities you can find them on our YouTube page by visiting [https://www.youtube.com/watch?v=EgxyGwfcVDU&list=PLhi9-r-hRf\\_jPA41dvdx5JzP0XIXDP\\_AZ](https://www.youtube.com/watch?v=EgxyGwfcVDU&list=PLhi9-r-hRf_jPA41dvdx5JzP0XIXDP_AZ)

We hope to see everyone at the 2021 Du Quoin State Fair!



## Virtual Du Quoin State Fair- Du Quoin Fire Department



The OSFM sat down with Captain Jordan Crain of the Du Quoin Fire Department to learn more about the department and city that hosts the Du Quoin State Fair.

Visit: <https://youtu.be/wFPYL9v61Wk>



# Virtual Du Quoin State Fair- Pinckneyville Fire Department



*The OSFM visited with Pickneyville Fire Chief Jim Gielow about his department. Both the rural fire protection district and city fire department share the same station. Pinckneyville always sends a few volunteers to work the fire safety tent during the Du Quoin State Fair.*

To learn more visit:  
[https://youtu.be/tMOXmxW\\_BKQ](https://youtu.be/tMOXmxW_BKQ)



## Campus Fire Safety Month

September is Campus Fire Safety Month. According to Campus Firewatch, 85% of college-related fire fatalities have happened in off-campus housing, where most students live. Since January 2000, at least 175 people, including students, parents and children have died in college-related fires with 7 of those fatalities occurring here Illinois.

OSFM encourages schools, universities, colleges and local municipalities across Illinois to provide educational fire safety outreach programs to all students throughout the entire school year, not just in September. This is also a good time for schools, universities, colleges and local municipalities to evaluate the level of fire safety being provided in both on and off-campus student housing and take the proper steps to ensure fire-safe living environments.



### SAFETY TIPS

- Look for fully sprinklered housing when choosing a dorm or off-campus housing.
- Make sure you can hear the building alarm system when you are in your dorm room.
- If you live in a dormitory, make sure your sleeping room has a smoke alarm, or your dormitory suite has a smoke alarm in each living area as well as the sleeping room. For the best protection, all smoke alarms in the dormitory suite should be interconnected so that when one sounds, they all sound.
- If you live in an apartment or house, make sure smoke alarms are installed in each sleeping room, outside every sleeping area, and on each level of the apartment unit or house. For the best protection, all smoke alarms in the apartment unit or house should be interconnected so that when one sounds, they all sound.
- Test all smoke alarms at least monthly.
- Never remove batteries or disable the alarm.
- Learn your building's evacuation plan and practice all drills as if they were the real thing.
- If you live off campus, have a fire escape plan with two ways out of every room.
- When the smoke alarm or fire alarm sounds, get out of the building quickly and stay out.
- Stay in the kitchen when cooking.
- Cook only when you are alert, not sleepy or drowsy from medicine or alcohol.
- Check with your local fire department for any restrictions before using a barbecue grill, fire pit, or chimenea.
- Check your school's rules before using electrical appliances in your room.

### Smoking Sense

If you smoke, smoke outside and only where it is permitted. Use sturdy, deep, non-tip ashtrays. Don't smoke in bed or when you've been drinking or are drowsy.



### Candle Care

Burn candles only if the school permits their use. A candle is an open flame and should be placed away from anything that can burn. Never leave a candle unattended. Blow it out when you leave the room or go to sleep.

### FACT

- ❗ Fires in dormitories are more common during the evening hours, between 5–11 pm, and on weekends.
- ❗ Roughly six out of seven fires in dormitories are started by cooking.



- Look for housing on and off campus that has sprinklers.
- Make sure that you can hear the building's fire alarm system.
- Check to make sure all sleeping rooms and common areas have functioning smoke alarms.
- Never remove batteries or disable the alarm.
- Test all smoke alarms at least monthly.
- If you live off campus, have a fire escape plan with two ways out of every room.
- Learn the building's evacuation plan and practice all drills as if they were the real thing.
- When the smoke alarm or CO alarm sounds, exit the building quickly and stay out until given instructions to return.
- If you smoke, smoke outside and only in designated areas.
- Never leave the kitchen when cooking.
- Check with your local fire department, building management or campus office before using a barbecue grill or fire pit.
- Never overload electrical outlets and check with the school to make sure what electrical appliances are allowed.



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards



[nfa.org/education](http://nfa.org/education) ©NFA 2017

**National Railway Safety Week**

*The goal of Rail Safety Week (RSW), held in September each year, is to raise awareness of the need for rail safety education and empower the general public to keep themselves safe near highway-rail grade crossings and railroad rights-of-way. In 2020, Rail Safety Week was observed from Sept. 21-27 in the U.S., Canada and Mexico.*

*According to FRA statistics, 2,216 highway-rail grade crossing collisions occurred in 2019. Illinois ranked 5<sup>th</sup> in the nation with 120 collisions, 11 deaths and 32 injuries. These can be prevented if people stop, look and listen.*

*Trespassing on railways also leads to injury and death. There were 507 people killed and 511 were injured trespassing on train tracks in 2017. Trains can't stop quickly, and some people may not hear one coming. Stay off the tracks and stay safe!*



**Taking photos on or near railroad tracks is illegal and dangerous.**



Don't risk your life or your clients' lives for a photo.

**507**  
people  
killed,

**511**

were injured  
trespassing  
on train  
tracks  
in 2017.

Here are Operation Lifesaver's six "must-know" tips for professional photographers considering a photo shoot near the tracks:

1. Trains can't stop quickly to avoid people or vehicles on the tracks.
2. An optical illusion makes it hard to determine a train's distance from you—and its speed.
3. The average train overhangs the track by at least three feet.
4. Railroad tracks, trestles, yards and rights-of-way are private property.
5. No tracks should be assumed to be abandoned or inactive.
6. People in your community mimic your behavior.



#SeeTracksThinkTrain  
#NoPhotosOnTrainTracks  
Visit [oli.org](http://oli.org) for more info.

## Fall Harvest Roadway Safety



*Harvest is in full swing across Illinois and that means large farm machinery will be sharing the roadways. The Illinois Farm Bureau wants you to keep these important tips in mind if you plan to travel on rural or two-lane roads during harvest season.*

- *Above all, slow down and be patient.*
- *Reduce speed when encountering farm equipment on public roads. Flashing amber lights mean “caution.”*
- *Slow down when you see the Slow-Moving Vehicle Emblem - the orange and red reflective triangle warns you that the tractor or combine travels at a slow rate of speed.*
- *Keep a safe distance from the farm equipment so farmers can see you. If you can't see their mirrors, they can't see you.*
- *Pass wide, large farm equipment only if you know conditions are safe and you are sure the farmer will not be making a left-hand turn. Be cautious when pulling back in.*
- *It is illegal to pass in a no-passing lane or within 100 feet of an intersection, railroad crossing, or bridge.*
- *Be prepared to yield to wide equipment.*
- *Always wear a safety belt and heed the road's speed limit.*
- *Watch for the farmer's indication of a turn. Newer equipment has one or more amber lights flashing rapidly to indicate a turn. Older equipment is typically not equipped with turn signals so watch for the farmer's hand signals.*

## Fall Outdoor Fire Safety

### Campfire Safety

Sitting under the stars by a crackling fire has its appeal. It's where stories are told, sing-a-longs happen, and meals are cooked over an open flame. Campfires bring family and friends together. But campfire mishaps can cause injuries. With a few safety tips, you can prevent these accidents.

#### SAFETY AROUND THE FIRE

- Before setting up a campfire, be sure it is permitted. Check with your local fire department.
- If campfires are permitted, they need to be at least 25 feet away from any structure and anything that can burn.
- Clear away dry leaves and sticks, overhanging low branches and shrubs.
- Avoid burning on windy, dry days. It is easier for open burning to spread out of control when it is windy and dry.
- Watch children while the fire is burning. Never let children or pets play or stand too close to the fire.
- Attend to the campfire at all times. A campfire left alone for only a few minutes can grow into a damaging fire.
- Keep a campfire small which is easier to control.
- Never use gasoline or other flammable or combustible liquids.
- Always have a hose, bucket of water, or shovel and dirt or sand nearby to put out the fire. Make sure to put it completely out before leaving the site.
- If your clothes catch fire, stop, drop, and roll. Stop, drop to the ground and cover your face with your hands. Roll over and over or back and forth until the fire is out.
- Treat a burn right away. Cool the burn with cool water for 3 to 5 minutes. Cover with a clean, dry cloth. Get medical help if needed.



#### ROAST WITH CARE

If roasting marshmallows, help young children. Never shake a roasting marshmallow. It can turn into a flying, flaming ball. A heated metal skewer can cause burns.

#### FACT

Campfire accidents send thousands of people to emergency rooms with burn injuries every year.



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards



[nfpa.org/education](https://www.nfpa.org/education) ©NFPA 2018

*Crisp cool fall evenings are great for a campfire. Cooking hotdogs and roasting marshmallows are a popular activity during the fall. Follow these tips above so you can have a safe and fun evening around the fire.*

## Cool Weather Heating Safety

Cooler weather has returned to Illinois and that means for many, turning on the furnace for the first time this season. Make sure to schedule an appointment with a professional to have your furnace checked and serviced. If you have a wood burning stove or fireplace you need to also have your chimney inspected and cleaned. These simple steps can help you stay warm this fall and winter while staying fire safe.

# Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

### BE WARM AND SAFE THIS WINTER!

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.



### Heating Equipment Smarts

**Install** wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

**Install** and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



### FACT

Half of home heating fires are reported during the months of **December, January, and February.**



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards



[nfpa.org/education](http://nfpa.org/education) ©NFPA 2017

## Halloween Safety

*Halloween is right around the corner and many homes are starting to look a bit on the spooky side and kids are picking out their costumes. Keep these Top 5 safety tips in mind.*

- 1) Use a battery-operated candle or glow stick in jack-o-lanterns
- 2) When choosing costumes, stay away from long trailing fabric
- 3) Teach children to stay away from open flames, including jack-o-lanterns with candles in them.
- 4) Dried flowers, cornstalks, and crepe paper catch fire easily. Keep all decorations away from open flames and other heat sources like light bulbs and heaters
- 5) Provide children with flashlights to carry for lighting or glow sticks as part of their costume.

*Remember to keep exits clear of decorations so nothing blocks escape routes. Make sure all smoke alarms are working.*



## Halloween Safety



### HALLOWEEN FIRE SAFETY TIPS

- »» **When choosing a costume**, stay away from long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so he or she can see out.
- »» **Provide children** with flashlights to carry for lighting or glow sticks as part of their costume.
- »» Dried flowers, cornstalks and crepe paper catch fire easily. **Keep all decorations** away from open flames and other heat sources like light bulbs and heaters.
- »» **Use a battery-operated** candle or glow-stick in jack-o-lanterns. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of the way of trick-or-treaters, doorsteps, walkways and yards.
- »» **Remember** to keep exits clear of decorations, so nothing blocks escape routes.
- »» **Make sure** all smoke alarms in the home are working.
- »» **Tell children** to stay away from open flames including jack-o-lanterns with candles in them. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

If your children are going to **Halloween parties** at others' homes, have them look for ways out of the home and plan how they would get out in an emergency.

#### Did you know?



Decorations are the first thing to ignite in **800** reported home fires each year. More than one-third of these fires were started by a candle.



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards



[nfpa.org/education](http://nfpa.org/education) ©NFPA 2019

## FDA Sanitizer Recall Update



*The FDA is warning consumers and health care providers that the agency has seen a sharp increase in hand sanitizer products that are labeled to contain ethanol (also known as ethyl alcohol) but that have tested positive for methanol contamination. Methanol, or wood alcohol, is a substance that can be toxic when absorbed through the skin or ingested and can be life-threatening when ingested. Methanol is not an acceptable ingredient for hand sanitizers and must not be used due to its toxic effects. The FDA's investigation of methanol in certain hand sanitizers is ongoing and has identified over 196 different types that are recalled.*

*Check your supply to make sure it is not on the recall list:*

*<https://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-consumers-should-not-use>*



## Shout Outs/Kudos

*Deputy Fire Marshal Armstead,*

*I personally wanted to Thank You for attending Chief Stancliff's memorial last Saturday. I know the Family, Friends and Firefighters all were thankful for having you there. I know I can be very head strong sometimes and after almost 43 years in the fire service many changes have taken place over that time.*

*I have seen many Fire Marshal's come and go and there were just one or two that didn't seem to look at the volunteer side of the fire service. The Illinois Firefighters Association is made up of all three sides Career, POC and Volunteer. The vast majority over 70% of the fire service is made up of the volunteer side, saving Illinoisans over seven BILLION dollars a year in the cost of providing fire services.*

*To be honest, I was very concerned only first with you not coming out of the fire service being Deputy Fire Marshal, I was WRONG. You and Matt have been an asset to all the Firefighters around this State. I give you both thumbs up and thank you again for all the hard work you do for us.*

*John Swan  
President IFA*

*Matt –*

*Congratulation on your director position with National Association of State Fire Marshals. Great to see you in a national leadership role!*

*Please let the staff know they did a great job with the expanded newsletter. I enjoyed reading through everything.*

*Sean M. Maloy M.S., CFO  
Fire Chief  
Bedford Park Fire Department*

*To whom it may concern, I would like to express my pleasure with my most recent experience and interaction with Mr. Macklin Patterson. Mr. Patterson inspected my facility on Thursday September 24, 2020. He was on time, prompt, courteous and very pleasant overall. Throughout the inspection process he went out of his way to better understand our operation and equipment and made it very clear the process was mutual and that we were working together. I greatly appreciated such approach and the overalls experience was very pleasant.*

*Please pass along my sincerest appreciation.*

*Sincerely,  
Karl Ericksen  
Rockform Carbide Manufacturing, Inc.*

*Chris Bednarek- PS&E Division*

*A Chief called me late this afternoon that he was scheduled to proctor an exam tomorrow and was unable due to COVID-19.*

*The facility does not have any other proctors on staff. He reached out to us for assistance. I spoke with several other staff members and all are unavailable to proctor the exam tomorrow. I was going to burn some holiday time tomorrow afternoon, but as I don't actually have any plans, I am available to proctor the exam.*

*This shows Chris' dedication to the OSFM and the Illinois Fire Service!*



**YOU  
ROCK**

Kids' Corner

**Sparky's**  
**Pumpkin**  
Template  
Visit  
**Sparky.org**  
For more spooky fun! 🕷️



THE NAME AND IMAGE OF SPARKY ARE TRADEMARKS OF THE NFPA.

## Kids' Corner



# Directions

- 1 Transfer your design onto the pumpkin by copying it freehand onto your pumpkin with a water-based marker (so you can erase mistakes), or simply tape your template to the pumpkin, and score the design into the skin by poking holes through the paper with a nail or poking tool that comes in pumpkin-carving kits.
- 2 Use a carving saw and start with the inside shapes first, beginning with the smallest details. Gently push cut shapes out of the pumpkin with a finger or a dull pencil point.
- 3 Your Sparky-o-lantern is ready to go. Put a battery-operated candle inside your pumpkin and put it somewhere where everyone can see!

THE NAME AND IMAGE OF SPARKY ARE TRADEMARKS OF THE NFPA.